

COPD Zones for Management

GREEN ZONE	All Clear <i>Your Goal Peak Flow:</i> _____ <ul style="list-style-type: none">• No shortness of breath• No symptoms• Able to do normal activities• Usual medications work	MEANS	<ul style="list-style-type: none">• Symptoms are under control.• Continue taking your medications as ordered even if you feel great. They are needed for prevention.• Keep all physician appointments.• Get your flu and pneumonia vaccine. _____
YELLOW ZONE	Caution If you have any of the following signs and symptoms: <ul style="list-style-type: none">• Increase in symptoms (cough, waking at night, wheezing)• Increase in shortness of breath, breathing faster, and/or chest tightness• More coughing (cough becomes productive, more mucous)• Fever• Pale skin color <i>Call your Nurse or Provider if your risk symptoms have increased into the YELLOW Zone!</i>	MEANS	<ul style="list-style-type: none">• Your symptoms may indicate that you need an adjustment of your medications.• Eliminate triggers such as exercise, pollutants, smoke and cold weather.• Take rescue inhaler if it has been prescribed. (albuterol)• Take nebulizer therapy if it has been prescribed. Local VA Connect: 561- 422-6838, option 3 Toll Free VA Connect: 1-866-383-9036, option 3
RED ZONE	Medical Alert <ul style="list-style-type: none">• Unrelieved, severe, extreme shortness of breath: shortness of breath at rest.• Peak Flow less than 50%.• Heart is beating very fast or irregular.• Your lips or fingernails become gray or blue.• Hard to walk or talk. (difficult to complete a sentence) <i>If symptoms are severe, call 911 or have someone take you to the ER!</i>	MEANS	<p>You may have not recognized or you may have ignored the Yellow Zone signs and symptoms listed above and now need to be evaluated by a physician right away.</p>